WHAT IS CLAIMED IS:

1. A method to selectively provide an odor stimulation, the method comprising:

dispensing a dose of odor toward a user from a distance of 10 cm – 3 m from the user;

controllably dissipating the odor in the vicinity of the dispensing at pre-defined period after the dispensing; and

tracking position of a user and directing the dispensing toward the position, wherein the tracking is automated.

2. The method of claim 1, wherein the dispensing together with the controlled dissipating is configured to reduce snoring and/or an apnea event while the user is sleeping.

3. The method of claim 1 or claim 2, wherein the odor is controllably dissipated based on suspending the dose of odor on weighted granules configured to settle due to gravity at the pre-defined period, wherein at least one of size and weight of the weighted granules is selected to actuate the dissipating during the pre-defined period.

4. The method of claim 3, wherein the odor is a dry odor.

5. The method of any one of claims 1-4, wherein the odor is controllably dissipated based on dispensing a burst of clean air at the pre-defined time period.

6. The method of any one of claims 1-5, comprising receiving output from a sensor configured to detect a respiratory event, wherein the dispensing is executed in coordination with a respiratory event based on the received output.

7. The method of any one of claims 1-6, wherein the odor is dispensed at defined intervals.

8. The method of any one of claims 1-7, comprising selectively dispensing one of a plurality of odors.

9. The method of any one of claims 1-8, wherein the tracking position is based sensing breathing with one or more of sound and heat.